



THE CHIROPRACTIC CENTRE

• BRISTOL •

Jan/Feb 2020



HERE'S TO THE NEXT TEN YEARS...!

Welcome to the beginning of a new decade! And like every year, it starts with the 2 most dreary months, January and February. Short days, grizzly weather and the half hearted desire to burn off eating too much turkey and Quality Streets. But the good news is it's a great time for wintery walks and dinners by the log fire. Also as it's not as busy as the summer or pre-Christmas, it's a great time for reflection and contemplation. What's going well and what could be better.

In the last newsletter I talked about setting goals and how important it is for them to be specific. I hope you've set yours for the year ahead and have a positive start to the next 10 years.

For most people it's normally around exercise and health, and on that note I noticed the gym was busier than normal this morning. We've included an article on how to have your healthiest year yet, which will help you, if that is your goal.

My personal goal for this year is to have 2 date nights per month. Having 2 young kids, we have a lot of good family time, but it's been hard for my wife and I to get away for quality time together. Now Marlon's older and can be left with a babysitter (or the neighbours), I'm excited to get more time for meals out, or a concert or one of the many amazing events that Bristol hosts.

I'm writing this on my way to Devon for NYE with friends. And I'll raise a glass, or 5, to you to thank you for your support of us as a clinic.

As a team we are super excited to continue looking after your spine and health into the next decade.

Let's make it a happy and healthy one.



Dr Charles Herbert
D.C.

Winter Warmer SPICED PARSNIP SOUP

INGREDIENTS

- > 800g parsnips
- > 1 large onion
- > 2 cloves of garlic
- > 5cm piece of fresh ginger
- > Olive oil
- > 1tsp cumin seeds
- > 1tsp garam masala
- > 200g red split lentils
- > 1.5l organic vegetable stock
- > 4tbsp natural yoghurt
- > 4 sprigs of fresh coriander
- > (And a drizzle of chilli oil if you fancy!)

INSTRUCTIONS

Peel and roughly chop your onion and parsnips and add them to a large saucepan over a medium heat, with one tablespoon of oil. Pop the lid on and let them cook for 20 minutes (or until the parsnips are a deep gold colour), stirring occasionally as you go. Grate in the garlic and ginger, then scatter in the spices and the lentils, and cook for another 5 minutes. Add the stock and simmer for 20 minutes, loosening with a splash of water if needed. Season to perfection, blitz it up then serve this winter warmer with a ripple of yoghurt, a sprinkling of garam masala and coriander leaves and – for a warm glow – a little chilli oil.

For meat eaters, this soup will go beautifully with some ham hock. And for veggies? Dip in a poppadum!

Enjoy!

WHERE TO FIND US:

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WORDSEARCH CHALLENGE

RELAX
RESOLUTION
MINDFUL
JANUARY
HABIT
WARM
HEALTHY
NEW
PARSNIP
EXERCISE

E	S	U	S	P	T	R	W	R	L	N	L	Y	U
P	T	X	S	E	S	X	E	T	L	U	I	U	I
L	I	L	E	L	E	S	I	C	R	E	X	E	P
P	U	T	P	A	R	S	N	I	P	J	R	B	J
Y	H	T	L	A	E	H	N	R	W	R	N	R	E
W	R	R	E	S	O	L	U	T	I	O	N	W	Y
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N	X	L	M	S	A	I	W	H	D	D	T	E	A
A	A	N	N	L	H	R	L	T	L	F	S	A	C
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5 WAYS TO MAKE 2020 YOUR HEALTHIEST YEAR YET



On January 1st countless people will have made the mistake of setting out on fad diets and strict eating plans that they simply won't be able to keep up. Truth is, there are much better ways to create a healthy and happy lifestyle, and one that you can maintain throughout the year. Here are 5 ways you can improve your physical and mental health in 2020.

1. PRACTISE MINDFUL EATING

These days, we have an overwhelming abundance of food choices and eating's become a quick-paced act that many don't put a whole lot of thought in to.

By eating mindfully you'll slow things down and turn eating into an intentional act, rather than an automatic one.

You'll become more aware of the triggers that make you want to eat too.

2. REDUCE YOUR ALCOHOL INTAKE

If you're a regular drinker, making healthier choices isn't necessarily as simple as doing Dry January. It's not a sustainable approach (and it's not all that easy to get through a whole month, if it's not what you're used to!). Put an achievable limit on your weekly units and opt for lower percentage drinks where possible. And drink more healthy smoothies instead!

3. HYDRATE MORE

Drink more water and you'll have more energy for the things you love. Did you know you ought to be drinking at least two litres of water per day, and more if you're partial to a cup of tea or coffee (or several)? If you're a fizzy drink enthusiast, try to crack down and switch to H2O instead; the phosphoric acid used in drinks like Coke is no good for your bones, you know!

4. ENCOURAGE YOURSELF TO STRESS LESS

There's no magic wand that can turn your boss into a whole new person or cut your mortgage repayments in half, but there are some very achievable things you can do to reduce your stress levels. Find time to exercise more, even if it's only for 30 minutes a few times a week. And cut down screen time and caffeine before bedtime to improve your sleep. It'll make a huge difference.

5. GET REGULAR ADJUSTMENTS

The fastest way to put a stop to stressful headaches and nagging back pain is to see a Chiropractor. Their hands-on approach will soothe and relax tight, aching muscles, loosen painful joints and strengthen your body so you can get on with doing the things you love, uninhibited. Give us a call on 01179 741501 to schedule your appointments for 2020.



THE RESOLUTION SOLUTION

HOW NOT TO FAIL AT YOUR 2020 NEW YEAR'S RESOLUTION

When the annual Christmas hibernation comes to a close and we try to pull ourselves together in time for a rousing bout of “Auld Lang Syne”, we’re often asked, “What’s your New Year’s resolution this year?”.

But no matter how many “New Year, New You” articles you read, you can almost guarantee that the gym membership starts gathering dust mid-Jan. And by the end of the month? You’ll be biting into your last Toblerone triangle without a shred of hope of seeing through your resolution this year.

Failing to stick to a New Year’s resolution is an oh-so-familiar phenomenon; almost a British rite of passage, if you will. But you know what? It really doesn’t have to be. Here are five tips to help you create a healthy resolution, and to stick to it throughout 2020.

1: ACCEPT WHO YOU ARE

Review resolutions you’ve made in the past and reflect on why the failed ones didn’t work.

Think about your top priorities, strengths and preferences and come

up with resolutions that won’t require a complete personality change to achieve.

2: SET TARGETS

You don’t achieve resolutions by magic, you know. Do whatever it takes to create multiple avenues for motivation, with targets to meet along the way. Want to get into running? Book a 10k later in the year. Want to walk more? Set a weekly step count that’ll challenge you to do it.

3: CREATE THE FITBIT EFFECT

The more you measure change and see growth, the more likely you are to continue with the activity; the rise of fitness trackers is testament to that. So find a way to monitor the progress you’ve made – whether that’s a simple chart on the fridge or an app on your phone – and keep it updated.

4: GET YOUR FRIENDS INVOLVED

You don’t have to do this alone. Ask a close friend or family member to support you with your resolution and

to give you a boost whenever you’re struggling to stay motivated.

Let’s face it, your initial enthusiasm is likely to wane. But if there’s someone there to hold you accountable, you’ll find it easier to plough on through.

5: TURN RESOLUTIONS INTO HABITS

Resolutions are typically “all or nothing” and many people throw in the towel at the first hurdle. But if you can cultivate your resolutions into habits, you’ll find it easier to keep going. Set alarms on your phone to remind you to put a fresh gym bag in the car, or to eat the fruit you’ve brought to work. Before long it’ll become second nature!

Whatever resolution you choose, we wish you a happy and healthy 2020 (and if you do need some help finding the right resolution for you, turn over the page!